

LONDON TERROR ATTACK



'TELL THEM CHRISSY SENT YOU'

CHRISTINE ARCHIBALD

Honour our daughter
by helping others:
Canadian victim's family

POLICE RAIDS

Twelve arrested after
rampage that killed
seven, injured nearly 50

GENERAL ELECTION

Campaign suspended
for a day the same week
Britain heads to polls

metroNEWS

Halifax metro

STANLEY CUP FINALS
Bad breath, bad blood brewing
between Crosby, Subban
metroSPORTS



Your essential daily news | MONDAY, JUNE 5, 2017

High 14°C/Low 6°C Partly cloudy

'Push everyone to be better'

WADE SMITH

Principal's legacy
lives on as city
mourns his death



Philip
Croucher
Metro | Halifax

A note on a bouquet of roses thanks Wade Smith for being there for a student who lost his or her father.

Another note nearby describes the popular Halifax educator as a "great guy" who always brought a "positive energy and attitude."

"Will continue to be remembered and push everyone to be better," the hand-written note, laying on the ground and draped with flowers, goes on to say in front of Citadel High School.

On Monday, Citadel High students were asked to wear black by their student council to honour their principal, who died of stomach cancer on Friday.

Over the weekend, people who knew

and loved Smith laid flowers, notes and even a mini basketball at the entrance way to Citadel High to honour the 50-year-old, who was also a former standout with the St. Francis Xavier X-Men and a well-respected basketball coach in the province.

"We take heart in knowing that many of the players and coaches whose lives Wade touched so deeply, warmly and personally will rise to try and fill his sneakers," a statement by Basketball Nova Scotia says. "The Community YMCA philosophy, 'Each one Teach one', will forever be etched on the entire basketball community as a result of Wade Smith."

One woman on Sunday stood, fighting back tears, as she looked at the memorial for Smith, which included a tiny lit candle and a heart-shaped balloon.

A few minutes later, a teenage girl walked up and placed two flowers at the memorial.

"The loss of Wade Smith cannot be measured," writes @cboyce_RLJH on Twitter. "The greatest we can do is continue his belief that we owe it to mentor another."



Wade Smith
FACEBOOK

Andrew Schuhmann
near Alderney Drive
in Dartmouth
last week.
HALEY RYAN/METRO



ROCKY ROAD

The city needs to get a
move on repairing one of
Halifax's 'worst' stretches,
says this bus driver

metroNEWS



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Sweet opportunity for youth

COMMUNITY

Local kids dig into effort to save bees and reap rewards



Yvette d'Entremont
Metro | Halifax

A beekeeping social enterprise project led by youth has participants buzzing with excitement about making a difference in their community.

The BEEA Honey with Heart social enterprise is an initiative of Family SOS, a not-for-profit that has been in existence for 40 years and serves all of HRM.

"The name BEEA came from the kids," explained Donna Morrison, executive director of Family SOS. "We talked with them about it. They can BE anything they want, so BEE-A doctor or BEE-A lawyer or BEE-A gardener, you can BEE anything you want to BEE as long as you BEELIEVE in yourself."

The honeybee project grew out of its after-school program in Dartmouth. Youth working on a financial literacy session with CEED were eager to start an initiative like the successful Hope Blooms social enterprise in north-end Halifax.

Morrison said when beekeeping and honey production came up, the youth knew it had potential.

"Not only are we touching on bees on the environment



Bees, they're really fragile when they're in captivity. My favourite part is taking care of the bees because I like them.

Brendon Cooper, 14

side but it's also teaching about sustainable food and that whole issue of sustainability," she said. "We thought it'd be a small youth-led project, but it has gained a lot of momentum."

They now have two sites at Dartmouth and Spryfield with a total of five hives. Morrison said there are another five on order because the project is expanding into north-end Halifax.

Brendon Cooper, 14, didn't

know anything about honeybees a year ago. Today the Grade 8 student from Spryfield takes care of bees and plays an active role in the BEEA project.

"I didn't know anything about marketing or business before. I didn't know what going to an awards ceremony was like. I have also learned that bees, they're really fragile when they're in captivity. My favourite part is taking care of the bees because I like them."

The teams will sell their first

batch of honey this fall.

"The kids are excited. It's amazing to watch them and to watch the confidence they've built," Morrison said.

On Saturday, Family SOS program organizers and youth dug and planted a bee garden at the Spryfield site. They were joined by Halifax TELUS team members. Morrison said the company supports the project not only financially, but literally on the ground.

"Our programs for our chil-

dren and youth are really to develop those life skills and confidence, and we want to introduce them to new opportunities and we want to teach them the importance and enjoyment of giving back to their community," she said.

Last year, Family SOS helped close to 2,000 children and youth in HRM in addition to families through its various programs. Morrison said it all comes down to building strong communities.



ABOVE: Members of the BEEA Honey with Heart project inspect beehives. They'll be harvesting their first batch of honey to sell in the fall.

LEFT: Members of the team digging into the soil to help set up a garden with plants attracting bees. CONTRIBUTED

NOMINATE

Each week, we will profile an unsung volunteer hero in our community as part of Halifax Heroes. To nominate someone, email philip.croucher@metronews.ca, Metro Halifax's managing editor, or tweet @metrohalifax using the hashtag #HalifaxHeroes



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Halifax DIGEST

Man taken to hospital after drive-by shooting

A man was shot while mowing a lawn in the Halifax region on the weekend.

The RCMP say around 7 p.m. Saturday, the victim was mowing a lawn on Willis Lane in North Preston when a vehicle drove by, and an occupant opened fire.

The victim was shot, and was taken to hospital with injuries that are described as non-life-threatening.

Halifax RCMP and Halifax Regional Police are involved in the investigation, a release issue on Sunday stated.

There have been no arrests. METRO

Melvin found not guilty of first-degree murder

Jimmy Melvin Jr. has been found not guilty of first-degree murder in Nova Scotia Supreme Court in Halifax.



Jimmy Melvin Jr. METRO FILE

Melvin had been accused in the February 2009 shooting death of Terry Marriott Jr. while he slept at a friend's home in Harrietsfield.

The jury deliberated for nearly two days before handing down its verdict late Friday.

Melvin still faces a charge of attempting to kill Marriott in December of 2008. THE CANADIAN PRESS

Why one bus driver wants Alderney Drive repaired

INFRASTRUCTURE

'I find it's probably one of the worst' roads in city



Haley Ryan
Metro | Halifax

Every time bus driver Andrew Schuhmann goes over the rough patch of Alderney Drive, his fare box rattles and "I get a little bit more annoyed."

Schuhmann, who has been with Halifax Transit for the

past four years, said he's disappointed to see the last 200 metres of Alderney Drive (near King's Wharf before the Portland Street intersection) remain in "terrible" condition, even though the rest of the street was paved last summer.

"There are a lot of bad roads in the city, we all know that, but I find it's probably one of the worst," Schuhmann said in an interview. Although there aren't major potholes, Schuhmann said the pavement is very rutted and wavy, which "can't be good" for a vehicle's suspension or alignment, so he avoids the spot in his own car.

"When I'm driving the bus,

it really feels like it's just going to fall apart," Schuhmann said.

Nick Ritcey, HRM spokesman, said Friday the municipality is waiting to pave that section of road until the second phase of the Sullivan's Pond Storm Sewer Replacement project, so they don't have to excavate twice.

Halifax Water is replacing the aging pipe running from Sullivan's Pond to the harbour, which will eventually allow fish passage and have daylighted sections of the Sawmill River.

Phase 1 of the project starts in July and will likely run until November, but construction will only reach the Irishtown Road area, said Halifax Water

+ CITY RESPONSE

HRM spokesman Nick Ritcey said the municipality will patch a road "if there's a pothole or damage that makes the road dangerous for motorists, but if it's just rough or worn, repaving will wait until the project is completed."

spokesman James Campbell.

Campbell said Phase 2, which will reach down to the harbour, can only be completed after HRM decides when to realign the "unusual" Alderney/Portland

Street intersection.

Although Ritcey did not have details on the timeline around the intersection realignment, Schuhmann said his councillor, Sam Austin, estimated it could be another two to four years before Phase 2 begins — and that's too long to wait for repaving.

"(That's) not fair, just smooth her out a little bit," Schuhmann said, adding he'd really like to see HRM temporarily fix the area without necessarily spending thousands digging up the road. "It's a long ways away, and I feel it may just get worse over time if it's continuously left that way," he said.



The messy aftermath of the crash. KEN VEINOT/THE CANADIAN PRESS/HO

TRAFFIC MISHAP

Load of lobsters spill onto highway

Lobsters were strewn across a highway in Nova Scotia after a tractor-trailer lost its load in a crash on the south shore.

RCMP say a truck carrying live lobsters crashed on Highway 103 near Port Mouton on Saturday while trying to swerve away from an animal. A police spokesperson says the driver was taken to hospital and later released.

Cpl. Andrew Joyce says lobsters were scattered across the crash site, shutting down a lane for hours during the cleanup. He wouldn't say how big the

load was, but says the cargo was "high value."

"It was pretty amazing how much lobster there was," said Vicki Grant, who drove past the scene about 12 hours after the crash on Saturday afternoon. "There were crates all over, and it was pretty well carpeted."

Joyce says bystanders were told not to take lobsters from the scene, but Grant said that didn't stop people from ransacking the wreckage, some filling bags with discarded seafood delicacies.

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Family remembers victim of London attack



Christine Archibald and fiancé Tyler Ferguson. FACEBOOK

TERRORISM

B.C. woman identified as Canadian killed in attack

A Canadian woman killed in the terror attack that left seven people dead in London was remembered Sunday as someone who had a big heart and respect-

ed everyone.

Family members say Christine Archibald, 30, from British Columbia was a victim of the attack on London Bridge and in the bustling produce market nearby.

Her family in Castlegar, B.C. released a statement Sunday through the Canadian government saying Archibald worked in a homeless shelter before she moved to Europe to be with her fiancé Tyler Ferguson.

"She had room in her heart for

everyone and believed strongly that every person was to be valued and respected," the statement said.

The family asked that people honour her memory by making the community a better place.

"Volunteer your time and labor or donate to a homeless shelter," the statement said. "Tell them Chrissy sent you."

The Canadian government is advising citizens to be vigilant in the wake of the attack. The gov-

ernment and diplomats on the ground in London are advising travellers to avoid the affected areas, follow the instructions of local authorities and monitor local media.

Prime Minister Justin Trudeau said Canada would stand with the U.K. "We grieve with the families and friends of those who have lost loved ones, and wish all those injured a speedy and full recovery," Trudeau said.

THE CANADIAN PRESS

MANCHESTER

12 arrested after attack

British police arrested a dozen people Sunday in a widening terrorism investigation after attackers using a van and large knives turned a balmy evening of nightlife into a bloodbath and killed seven people in the heart of London. Daesh claimed responsibility.

Although the attackers were also dead, authorities raced to determine whether others assisted them, and Prime Minister Theresa May warned that the country faced a new threat from copycat terrorist attacks.

The county's major political parties temporarily suspended

campaigning with only days to go before the general election. May said the vote would take place as scheduled Thursday because "violence can never be allowed to disrupt the democratic process."

The assault unfolded over a few terrifying minutes late Saturday, starting when a rented van veered off the road and barrelled into pedestrians on busy London Bridge. Three men then got out of the vehicle with large knives and attacked people at bars and restaurants in nearby Borough Market until they were shot dead by police. THE ASSOCIATED PRESS

IN BRIEF

'Manchester, we're gonna be all right'

Ariana Grande has paid tribute to the victims who died at her Manchester concert with an all-star affair in the city with the help of Katy Perry, Justin Bieber, Liam Gallagher, Miley Cyrus and others.

Grande emerged onstage for the One Love Manchester concert Sunday. She appeared teary-eyed and emotional. She told the audience, "Manchester, we're gonna be all right." AP

CANADA 150

Ottawa learns from tragedy



Ryan Tumilty
Metro | Ottawa

As Ottawa prepares for thousands of visitors to cram into downtown streets for Canada 150 events, Mayor Jim Watson said the police will take away lessons from the attack over the weekend in London.

But the mayor cautioned there is no way to for the city to be completely safe.

"When you see a tragedy take place in London ... you

begin to think could that happen here, and sadly the answer is yes," said Watson. "There is no 100 per cent solution to terrorism."

Watson said he was saddened by the events in London, especially as news broke that a Canadian was among the dead. He said it also serves as a reminder of the danger.

"It's always a wake-up call for us in leadership roles to be vigilant with the world we live in," he said.

He said he believes the police will be able to make

Canada Day a safe event for everyone.

"I have great confidence in our police to provide the mechanisms to keep our residents safe."

The police in Ottawa work closely with other law enforcement agencies and, Watson said, they learn from tragedies overseas. He also encouraged residents to be watchful.

"Our job is be as vigilant as possible, ask the community to be our eyes and ears as well, because we can't have a police officer on every street corner."

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URBAN ETIQUETTE ELLEN VANSTONE



THE QUESTION How do I explain to my son why he wasn't mentioned in grandma's obituary?

Dear Ellen,

I was in a relationship with a man who went from drinking to drugs and gambling. When our son was five, I asked him to move out. A year later he committed suicide. His mother made an effort to keep in touch, and my son spent summers with her when he was little and enjoyed his time with her. His grandpa would say hello, but conversations did not go much further. My son's aunt took him for lunch once. His uncle asked me to drop my son off for a visit occasionally, which I always did. I felt it important for him to know his father's family. About four years ago we stopped hearing from them. I recently learned grandpa died three years ago, and grandma died a month ago. My son was not notified, nor was he mentioned in either obituary. He is very hurt. I don't understand how anyone could be that mean to a child. Should I say something?

Donna

Dear Donna,

Please accept my heartfelt sympathy for you and your



son. It's sad enough he lost his father. But for his aunt and uncle not to tell you about his grandparents' deaths, and then to ignore your son's existence in the obituaries, is not merely rude, it's cruel.

The cruelty may or may not have been intended. Maybe they mistakenly assumed you were the one who cut off contact. Or they're following their late parents' misguided

wishes in avoiding contact. At worst, they don't want to share a portion of the estate. At best, perhaps your son is too painful a reminder of their poor dead brother. It doesn't matter. They are adults. Their pain doesn't give them the right to inflict pain on a child, or trump a son's right to be acknowledged. I'd even argue they're hurting themselves by cutting off communication — indulging

in a form of denial likely to hinder their own efforts to get past it.

Your situation is more complex, but it speaks to a common etiquette problem with couples who split. Friends and family pick sides, and then shun the children as well as the ex-partner — feeling morally superior to the "bad ex," while blithely inflicting pain on innocent children who also suffer the searing effects of that shunning.

For your own sake, and your son's, you can still do the polite thing, and send a sympathy card. Tell your son's aunt and uncle how sorry you were to hear about their parents' deaths, mention how much your son enjoyed time with his grandmother when he was young, and wish them the best.

Don't expect a reply. The point is that you will feel better for having done the right thing, and the door will be open if they ever want to resume contact.

Need advice?
Email Ellen:

askellen@metronews.ca

Mavis Otuteye did not have to die that way



Vicky Mochama
Metro

Mavis Otuteye wanted to meet her new grandchild. She never got there. She died of hypothermia while walking into our country.

Her death is an indictment of a national and global failure to respond meaningfully to the worldwide migrant crisis. Yet, a clear and concerted strategy seems to be far away.

Otuteye, a Ghanaian woman, had been living in the States since 2006. In light of the Trump administration's crackdown on undocumented persons, it is reasonable that she would not want to make herself known to immigration authorities. A danger of living without papers is that a chance incident can lead to one's removal. With the knowledge that asylum claimants would be turned away at official border crossings because of the Safe Third Country Agreement (STCA), it is still more plausible that walking across the border made the most sense to Otuteye.

However, the CBC reports Otuteye would have been allowed under the STCA because her granddaughter is a Canadian citizen. The accord has a number of compassionate grounds on which migrants can cross between borders.

Having told no one of her plan, Otuteye was unaware of her options.

What is contained in words and documents is far different to the reality on the ground. The terms of the STCA and a

tweet from the prime minister welcoming refugees are part of a world of misinformation that puts migrants, especially undocumented ones, in danger. There is a world of ad-hoc systems, reliance on rumours, opportunistic scammers and ever-shifting legal paradigms.

Yet Canadian and international governments have not been able to provide migrants with any clarity.

Reports on the recent G7 summit in Italy overlooked the inability of world leaders to come to an agreement on the global migrant crisis. Because of American recalcitrance, the summit instead released a short statement acknowledging the problem but shifting responsibility back to individual countries. With Donald Trump in office, an international version of "Refugees Welcome" seems unlikely.

This will not stop the flow. After much pretence to public safety, Trump has finally tweeted that the executive order dubbed a "travel ban" by many is exactly that.

Still, the Canadian government insists it will not change the terms of the STCA. In Europe, the Guardian reports that the death rate for migrants crossing the Mediterranean has doubled. Meanwhile, the far-right has crowd funded enough money for a boat to intercept search-and-rescue boats there.

Whether we take action on it or not, the global migrant crisis is happening. Without a unified humanitarian solution, more migrants will continue to die like Mavis Otuteye: cold and alone.



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IN THE MATTER OF: The Nova Scotia Companies Act, being Chapter 81 of the Revised Statutes of Nova Scotia, 1989, and amendments thereto;
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When 34-year-old millionaire and luxury property developer Tim Gurner declared that millennials' dreams of homeownership are toast unless they rein in their spending on "smashed avocado for 19 dollars and four coffees at four dollars each," the backlash was fierce.

And it was not just because of his tone-deaf assertion that cash-strapped 20-somethings struggling with student debt could save for a home simply by scrimping and pinching and making their own avocado toast.

Gurner seemed to assume a house with a white picket fence should be part of everyone's financial plan.

Alex Avery, CIBC analyst and author of *The Wealthy Renter*, told Metro that for many young people, buying doesn't make sense (and it has nothing to do with spending money on fattening breakfast foods).

Although interest rates are low, Avery explained, house prices are high and people already have a lot of debt. And although a mortgage forces you to save, renters can replicate that in other ways — plus they're not saddled with

costs like maintenance, renovations and interest, which owners tend to discount when they're counting the piles of home-equity money they've made.

"There isn't one prescription for everyone," Avery said. But, "there is no amount of logic, facts or supporting evidence that will convince a truly passionate homeowner that there's any better investment than home ownership."

We spoke to two long-term renters from different life stages who could have bought, but likely never will.

They had some great insights for those who are trying to decide between buying their first home or continuing to eat toast. (We kid!)

RENT or OWN

GENNA BUCK METRO

Homeownership has long been the gold standard but two long-term renters speak against the stigma often associated with not buying

\$306,240

The average cost to get into the home market in Halifax

SOURCE: THE CANADIAN REAL ESTATE ASSOCIATION

John Plumadore, 68

RENTER #1

City: Toronto
Rent: \$1,738/month (two bedrooms)
Occupation: Retired

John Plumadore has never owned property. He retired seven years ago from a long career with Scouts Canada, and he and his partner have lived in the same high-rise complex in midtown Toronto, where homes typically sell for about \$1.5 million.

"I have chosen to rent because I want to be close to the subway and the downtown core, in a fairly nice area of the city," Plumadore said. "I live in a very prime area, part of a community where I couldn't other-

wise afford to live.

"The advantages are that you don't have to be putting money into repair, maintenance or additions. Anything needs fixing, the landlord fixes it.

He said he chose to use the 20 years of savings he would have put into the upkeep of a house into an RRSP for retirement.

Plumadore hails from the small town of Cornwall, Ont., where he said there's more "stigma" against renters. If he had stayed, he certainly could have afforded a house.

"Maybe I'd be a better position today, but who knows?" he said.

Will he ever buy?

"I would not want that worry as I get older, going to bed with a mortgage hanging over your head."

Graham MacFarlane, 31

RENTER #2

City: Edmonton
Rent: \$1,500/month (two bedrooms)
Occupation: Occupational health and safety

Like the avocado-toast naysayer Tim Gurner bragged about doing, Graham MacFarlane believes he could have bought a home by now if he put his "nose to the grindstone" and saved for at least 10 years. But as a renter, he lives in a nice two-bedroom Edmonton duplex that is within walking distance to his workplace, he's saving money, and has the freedom to move any time.

"It bothers me, the culture that surrounds this," MacFarlane said. There was a time when he

dreamt about homeownership, too. "In my mid-20s, I went back to school to change careers, and that was of course an expensive experience. I had a car loan, student loan, all this debt.

"I was just despairing. How am I going to get out of this? Will I be able to afford a home before I'm 50?"

But after he got a job in his field and started paying down his debt, he started "rethinking the assumption" of his goal.

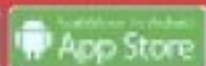
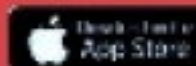
Given the instability in the Alberta economy, MacFarlane is glad he didn't buy a home.

"Renting and spending your money on beer isn't responsible. But renting and saving and investing is a better plan than gambling all your eggs your home in your equity."

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It's date night. And it's all about making an impression.

You're eating in, and as a special treat, you meticulously prepare chocolate-dipped strawberries for dessert. You sweeten the deal by pairing them with a sparkling wine. Nice touch.

But as soon as your date takes the first bite of her strawberry, the thrill is gone. Because beneath that sweet-looking red exterior is a bland tasting, imported U.S.-grown berry.

It was picked as many as 10 days earlier, and spent hundreds of kilometres travelling in a truck from California or Florida.

Given such conditions, it's no wonder every June consumers are bursting with anticipation for luscious, field-grown Ontario strawberries, at pick-your-own farms or markets.

The season can't start too soon. Through the years, plant researchers at the University of Guelph and elsewhere have worked to develop hardier, quality varieties with great flavour and a longer growing season.

These varieties are called day-neutral strawberries, so named because they flower throughout the growing season — unlike some traditional strawberry plants, which flower only once a season, during May and June.

And lately, the Ontario strawberry season is being



Even during winter months, Date Night strawberries are fresh, local and about twice as sweet as their American counterparts. When the time's right, they are gingerly picked by hand at harvest. COURTESY ORANGELINE FARMS

extended right through the winter, thanks to production in Canada's greenhouse capital, Leamington.

There, first-generation family farmers Jordan and Duffy Kniaziew of Orangeline Farms and their company Zing! Health Forward have pioneered a technique to successfully grow sweet, juicy Ontario greenhouse strawberries — marketed as Date Night Berries — all the way from November through to May.

And there's no mistaking them for U.S. imports.

"The flavour literally explodes in your mouth," Jordan says.

Even during winter months, Date Night berries are fresh, local and about



THE FUTURE of FARMING

Glass is a key to growth

Ontario also enjoys winter cucumbers, tomatoes and peppers, thanks to a vibrant and growing greenhouse industry. It now involves 200 farmers and nearly 2,900 acres of greenhouses. In March, the province invested \$19 million in a greenhouse innovation program, to encourage further investment in greenhouse technology and boost productivity.

Strawberries are truly a superfood

Strawberries are an excellent source of vitamin C — just one serving contains about half of a person's daily requirement. Vitamin C is a proven antioxidant, and strawberries are among the top 10 fruit and vegetables for antioxidant content. As well, eating more fruit and vegetables helps decrease the risk of obesity.

twice as sweet as their American counterparts. On what's

called the Brix scale, which measures sweetness on a

range from one to 20, Date Night Berries check in at 10 to 12 units. That reading compares well to imported berries at six to seven units.

The Kniaziew's berries are grown in a unique manner as well, with elevated growing gutters and an umbrella canopy. Humidification and cooling protection systems help extend the growing season, and LED lights give production a boost.

Then, when the time's right, they are gingerly picked by hand at harvest.

"We treat every berry like a newborn," Jordan says.

In fact, in many cases, the Zing! strawberries served on date night have even been picked the same day. At the most, they're three days from

their harvest date. Compare that to winter berries from the U.S., which typically spend more than a week in a truck. They're bred mainly for transportability, not taste.

Recently, other Ontario greenhouse growers have started following Orangeline's lead, meaning the winter berry market here is bound to expand.

For being pioneers and blazing the winter strawberry trail, Date Night Berries have received an Ontario Premier's Award for Agri-Food Innovation Excellence.

Owen Roberts is an agricultural journalist at the University of Guelph. Follow him on Twitter at @TheUrbanCowboy.

FARM links

Poll question:
What's the best way to eat Ontario strawberries? Tell us at metronews.ca



Duffy Kniaziew, left, and his brother Jordan pioneered a technique to successfully grow sweet, juicy Ontario greenhouse strawberries. COURTESY ORANGELINE FARMS



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TOP 150 150

CELEBRATING CANADA'S GIFTS TO THE WORLD

Canadian creatures

MYTHS

Where to find our five most fantastical beasts

Rhonda Riche

Much of Canada is water and wilderness. So naturally this vast and rugged terrain is perfect for hiding mythological creatures. Here's a guide to Canada's own fantastic beasts:

1 Champ
A serpent-like creature that swims the depths of Lake Champlain between Quebec and the states of New York and Vermont, Champ was first spotted in the mid 1800s. But a short film by two local fishermen went viral in early 2008, making the monster a major celebrity.

2 Ogopogo
Sightings of this water monster have captured the imaginations of both locals and tourists visiting Okanagan Lake in Kelowna, B.C.

3 Mishepishu
For centuries, Ojibwe legends have described a shape-shifting creature that patrols the waters of Lake Superior, protecting the copper found in nearby rock formations. Mishepishu means "Great Lynx," a nod to the creature's feline form.

4 Loup-Garou
The loup-garou legend arrived with 17th-century settlers from France. Over time, it mixed with Indigenous people's stories about shape-shifting shamans. In some rural areas of Quebec, reports of loup-garous attacking livestock were still being made in the 1970s.

5 Old Yellow Top
In 1906, mining engineers near Cobalt, Ont., spotted a strange humanoid creature, which they described as resembling a bear with a blonde head and black fur. Over the next six decades, Yellow Top (a.k.a. Pre-Cambrian Shield Man) was spotted around roads and railway tracks. As reported by The North Bay Nugget in 1970, the last sighting caused a bus driver to swerve out of control.



Like the Loch Ness Monster, strange and elusive creatures are said to lurk in Canadian waters. ISTOCK



As the legend goes, mining engineers in 1906 spotted a strange humanoid creature — later named Yellow Top — near Cobalt, Ontario. TOSTAR NEWS SERVICE




Lake Champlain is said to be the home of a serpent-like creature named Champ. ISTOCK

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THIS SPECIAL REPORT WAS CREATED BY CONTENT SOLUTIONS, INDEPENDENT OF METRO EDITORIAL.

BIKE WEEK

THE MISSING LINK

A bike lane is being looked at for Almon Street

The first east-west route for cyclists in peninsular Halifax is being looked at by city staff.

A 1.8-kilometre stretch of roadway on Almon Street would run from Gottingen Street until Connaught Avenue, essentially the length of the street.

City staff are currently reviewing public feedback about the proposal and, if the project moves ahead, the implementation would coincide with planned paving on the street that will take place later this summer or early in the fall. The route would provide a pivotal link to the city's active transportation network.

David MacIsaac, the city's active transportation supervisor, said there are few options for an east-west route that would connect the city's west and north ends. The options are North Street, Almon Street, Young Street and Bayers Road.

MacIsaac said feedback has been "very wide ranging." While a lot of support has been shown for it, some people have expressed concern about the loss of on-street parking, which he said is a common reaction.

MacIsaac said projects that remove on-street parking typically raise concerns from different groups of stakeholders.

For example, in a commercial area, businesses worry about the impact parking will have on their operations,

as well as what it means for where their employees can park. In a residential area, people are often concerned about what the lack of parking will mean for their visitors and contractors doing work on their properties, said MacIsaac.

How the finished product might look is rather interesting.

"The width of Almon Street changes a number of times," said MacIsaac.

The section of Almon Street running between Agricola and Dublin streets, which is where the road is widest, would provide planners with more options for the type of bike lane that would be implemented.

MacIsaac said for this section, a bike lane would be painted in place and parking would be retained on one side.

For the other sections of Almon Street, the road would use a shared-lane configuration,

Creating a cycling culture

Given the name, one might be surprised by what Bike Week is all about. Running from June 2 to 11, the celebration isn't just for hardcore cyclists.

"I think Bike Week is really for the people who don't get a chance to get out and bike," said Uytas Lee, the co-ordinator of Bike Week.

With a wide range of events that teach people how to get on the road and maintain their bikes, Bike Week breaks down barriers that prevent people from riding on two wheels. Getting more people cycling would result in a safer experience for cyclists and increase the need for cycling infrastructure. A full listing of Bike Week's events can be found at halifax.ca/bikeweek.

RICHARD WOODBURY



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June 2 – 11, 2017



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BIKE WEEK

Macdonald Bridge reopening to cyclists soon

It's been almost two years since cyclists have been able to bike across the Macdonald Bridge, but that will soon change.

After repeated delays due to the weather and a longer than anticipated installation schedule, Halifax Harbour Bridges said the lane for walkers and cyclists will be ready by the end of this month.

"We're feeling very confident," said spokesperson Alison MacDonald.

The lane had to be removed as part of the larger Big Lift project, which involves replacing the suspended spans on the bridge. The bike lane and sidewalk were expected to be out of commission for no more than 18 months, or by the end of December 2016.

Officials wanted to keep the sidewalk and bike lane open for the duration of the project, but due to the complexity of the Big Lift project, they had to be removed.

"It wasn't something we ever wanted

to do. We actually went back to the design engineers on a few occasions and said, 'Find a way to do this,'" said MacDonald.

Because the previous sidewalk and bike lane were only installed about 15 years ago, they were in good shape and could be repurposed. MacDonald said pieces were given to the city and to various trail associations to be used over streams and small bridges around the province. For active transportation users, the Macdonald Bridge is the only way to cross the harbour. Even better, it's free!

Given the important role this plays, officials wanted to ensure there was still a way for cyclists and pedestrians to get across the bridge. For this reason, three vehicles that each accommodate 17 passengers and three trailers capable of carrying 12 bike trailers were purchased to shuttle people back and forth across the bridge.

The shuttle has pickup points on Wyse

Road and Faulkner Street on the Dartmouth side, and North and Gottingen streets in Halifax.

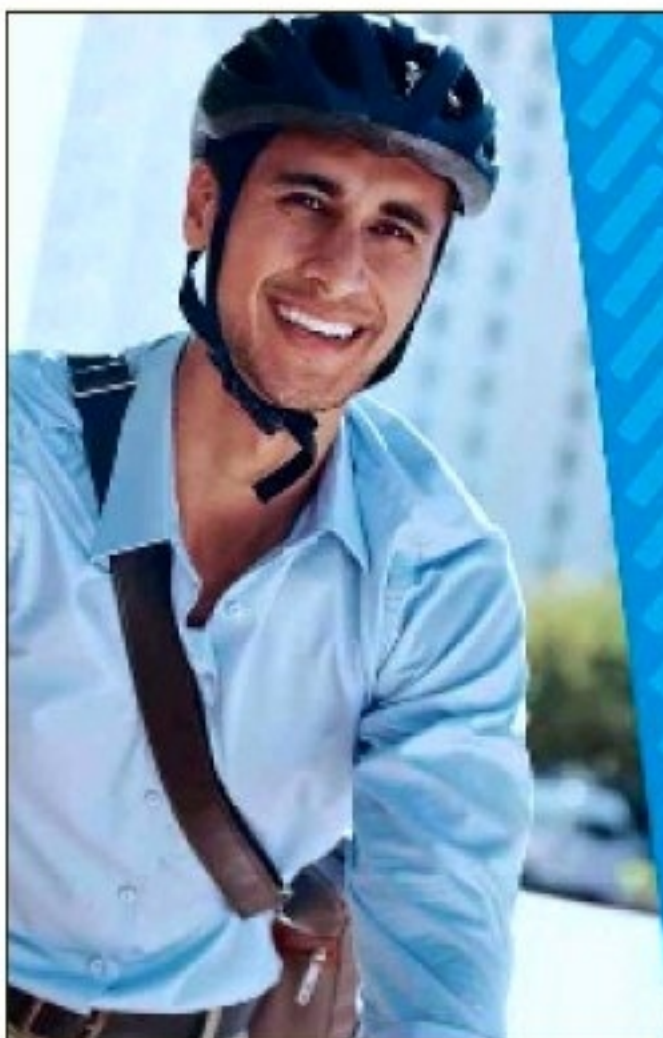
Users of the bike lane will notice some changes. MacDonald said parts of it are slightly wider, the ride will be smoother and the elevation will be higher. This is because the bridge was raised a couple of metres as part of the Big Lift.

Better bridge access coming for cyclists

The city is currently working on what it calls the Macdonald Bridge Bikeway Connector Project, which aims "to develop bike routes that connect the bridge bikeway to nearby neighbourhoods, businesses, schools, services and employment districts" on both sides of the harbour said a posting on its website. David MacIsaac, the city's active transportation supervisor, said staff will soon be submitting a report on the project to city council within the next three months. "We'll seek direction on next steps," he said.



RICHARD WOODBURY



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Cycling front and centre in integrated mobility plan

The city of Halifax is in the midst of creating a bold transportation plan that would result in a safer and more seamless experience for active transportation users navigating through the community.

Formally called the integrated mobility plan, the focus would be on providing a range of transportation options to get people out of their vehicles and into active transportation modes or public transit.

Bike lanes are an important part of this plan and the aim would be to create a connected network of bicycling routes that are accessible, comfortable and welcoming to people who don't bike regularly right now, said David MacIsaac, the city's active transportation supervisor.

"Depending on where you are in the municipality, the modal share for bicycling is anywhere from zero to about five per cent of trips to and from work and to increase that amount, what the professional literature says is that you need to build those facilities that will attract folks who are interested in bicycling ...

but they have concerns about safety and about being comfortable on the road," he said.

This would be achieved in a variety of ways, such as having bike lanes on main streets and bikeways on streets that aren't as busy.

The vision would be for there to be broad coverage in the regional centre, meaning that if you lived on peninsular Halifax or in most of Dartmouth, you'd always be close to an all ages and abilities bike route.

In suburban and rural areas, the network isn't meant to be used in the same fashion.

"The goal in more suburban areas is not necessarily to have the broad coverage we're talking about in the regional centre, but to focus on those local connections and the connection to transit," said MacIsaac.

According to an April report, city staff aim to present the plan to the transportation standing committee in July and then council in September. The hope is to have the network in place by 2020.



The city's integrated mobility plan aims to create a connected network of bicycling routes. CONTRIBUTED



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atlantic.caa.ca/bikesafety

Atletico Madrid striker and Manchester United target Antoine Griezmann says he will stay in Madrid next season after Atleti's transfer ban was upheld



Crosby has no time for Subban's games

STANLEY CUP

Preds' D-liner likes attention, says Cole Harbour native

P.K. Subban says ask the Pittsburgh Penguins if he's getting under their skin. The All-Star defenceman only knows he apparently needs to work on his breath on the ice and loves the challenge of helping shut down Sidney Crosby and Evgeni Malkin.

And he loves gamesmanship. Crosby isn't in the mood to play if it doesn't involve his stick and a puck. No, the Pittsburgh captain insists he did not complain about Subban's breath in Game 3, saying Subban made that up.

"He likes the attention and things like that so I mean if he wants to make stuff up ... what can I do?" Crosby said Sunday.

The Stanley Cup Final has some bad blood brewing, and the best-of-seven series for the NHL championship has the makings of becoming a battle royale. The defending champs a chance for a sweep Saturday night when the Predators scored five straight goals in a 5-1 rout of the Pens, winning the first Cup Final game in the state of Tennessee.

Now the Predators want to tie



Nashville Predators' P.K. Subban, right, ties up Pittsburgh Penguins' Sidney Crosby during the second period in Game 1 on May 29. AP PHOTO/KEITH SRAKOCIC

it in Game 4 on Monday night. They are 8-1 at home this post-season, and Subban made it clear he expects Nashville fans to find a way to crank the volume up even higher Monday night.

"I know there'll be a lot more energy if you can imagine that ... which will be pretty awesome," Subban said.

The Penguins have bigger issues than talk of bad breath, and their frustration bubbled

over late Saturday night as they racked up 10 penalties for 44 minutes night. That included Chris Kunitz, Patric Hornqvist and Matt Cullen each getting a 10-minute misconduct all in the final five minutes of the loss.

Crosby has yet to score a goal in this series, and both he and Evgeni Malkin were held without a shot Saturday night in the same game for the first time in their star-studded careers.

It's the fifth time Crosby, with 160 career playoff points and 23 points this post-season, had been held without a shot and third this spring. It was the eighth time Malkin, with his NHL-best 26 points this post-season, was held without a shot. Malkin hasn't gone two games without a shot in the same post-season since his rookie year, while Washington did it to Crosby April 29 and May 1. THE ASSOCIATED PRESS

UFC 212

Holloway stuns Aldo in Brazil to take title

Max Holloway claimed the undisputed UFC featherweight title on Saturday night, stopping long-reigning champion Jose Aldo in the third round of an impressive upset victory.

Holloway (18-3) won the belt in Aldo's native Brazil with a dynamite finish. The interim 145-pound champion floored Aldo with a big right hand, getting on top and raining down punishment until referee John McCarthy stopped the bout with 47 seconds left in the round.

The Hawaii-born Holloway earned his 11th consecutive UFC victory and claimed the



Max Holloway THE ASSOCIATED PRESS

title held by Aldo for most of the past six years.

Aldo lost the belt to Conor McGregor in December 2015, but regained it last year.

Aldo (26-3) is the most accomplished featherweight in mixed martial arts history, but he has lost two of his last three bouts after winning 18 consecutive fights from 2006-15.

THE ASSOCIATED PRESS

DRAFT

Mooseheads take Parent with first pick



Philip Croucher Metro | Halifax

The Halifax Mooseheads selected a high-scoring forward with their first pick in the QMJHL draft on Saturday.

Xavier Parent of Blainville, Que., was taken with the fourth overall selection and will be counted on to give the Herd another scoring threat over the next few seasons. In 34 games last year for the Quebec midget AAA hockey league's Collège Esther-Blondin, the five-foot-seven, 164-pound forward recorded 34 goals and 55 points and a plus-19 rating. Halifax finished the day with two, first-round picks thanks to a trade with the Moncton Wildcats that saw the rivals



Justin Barron, left, and Xavier Parent VINCENT ETHIER/LHJM MEDIA

swap several draft choices. At No. 13, the Mooseheads took Halifax McDonald's defenceman Justin Barron.

Last season in the Nova Scotia Major Midget Hockey League, the six-foot, 180-pound blueliner had six goals and 25 points in 38 games. Barron is from Halifax.

In total, the Mooseheads made 12 choices at Saturday's draft in Saint John, selecting nine forwards, two defencemen and one goaltender.

FRENCH OPEN

Raonic contributes to own downfall in Paris



Canada's Milos Raonic made too many unforced errors. THE ASSOCIATED PRESS

Too many errors spelled the end of Milos Raonic's run at the French Open. The No. 5 seed from Thornhill, Ont., was upset by Pablo Carreno Busta of Spain 4-6, 7-6 (2), 6-7 (6), 6-4, 8-6, and committed a whopping 84 unforced errors in the hard-slogging match that stretched four hours and 17 minutes.

"Heavy disappointment," Raonic said afterwards. "That's probably the best way to describe it."

Raonic had caught a break en route to the fourth round when he needed less than a half hour to complete his third-round victory. Raonic advanced when Spain's Guillermo Garcia-Lopez

retired from the match due to a left thigh injury. The extra rest wasn't enough Sunday however.

The 26-year-old Raonic fought off six match points before Carreno Busta finally won with a forehand volley at the net, with Raonic near the back of the court.

"I just wasn't very efficient, especially through the first three sets," Raonic said. "I had a lot of times where I'm controlling the point, short forehands where I wasn't very efficient, just letting him stick around in those moments, and

then he started to believe a lot, and he was the better player there towards the end.

The Canadian will turn his attention to Wimbledon, where he reached the final last year, eventually losing to Andy Murray.

"Obviously it's the best memory I've had on court, I played some good tennis there last year, and I'm going to try to get on the grass after a few days off right away, and get there early and prepare," Raonic said of the July 3-16 tournament.

THE CANADIAN PRESS

I just wasn't efficient through the first three sets.

Canada's Milos Raonic

IN BRIEF

Real Madrid rulers of Europe again with 12th title

With a victory over Juventus in the Champions League final Saturday, Real Madrid won its record 12th title, and third in four years, to firmly establish itself as the dominant force in European soccer after years of supremacy by Spanish rival Barcelona. After seeing Barcelona reign with four titles in a decade, Ronaldo's Madrid raised its game the last four seasons and again became the team to beat in the continent. THE ASSOCIATED PRESS

Jays win 3-2 over Yankees

Josh Donaldson celebrated his bobbiehead day with a solo homer in the eighth to give the Toronto Blue Jays a 3-2 win over the New York Yankees on Sunday. Trailing 2-0, the Blue Jays tied it up on Justin Smoak's two-run homer in the sixth. Toronto (28-29) wrapped up its 10-game homestand at 7-3.

Next stop is Oakland followed by Seattle.

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Sweet Kale and Banana Smoothie Bowl



PHOTO: MAYA VISHNIE

Ceri Marsh & Laura Keogh
For Metro Canada

The sweetness of banana makes the kale all but disappear in this powerhouse breakfast.

Ready in 5 minutes

Prep Time: 5 minutes
Serves 2

Ingredients

- 1/2 cup milk or coconut milk
- 1 cup Greek yogurt
- 1/2 cup chopped frozen kale
- 2 frozen bananas
- 2 tsp coconut oil, melted

Toppings

- 1 tsp chia seeds
- 1 tsp flax seed meal
- 1 Tbsp of muesli
- 1/2 sliced apple

Directions

- Place the milk, yogurt, kale, bananas and coconut oil in a blender. Whiz until smooth.
- Pour into a bowl and sprinkle with your favourite toppings.

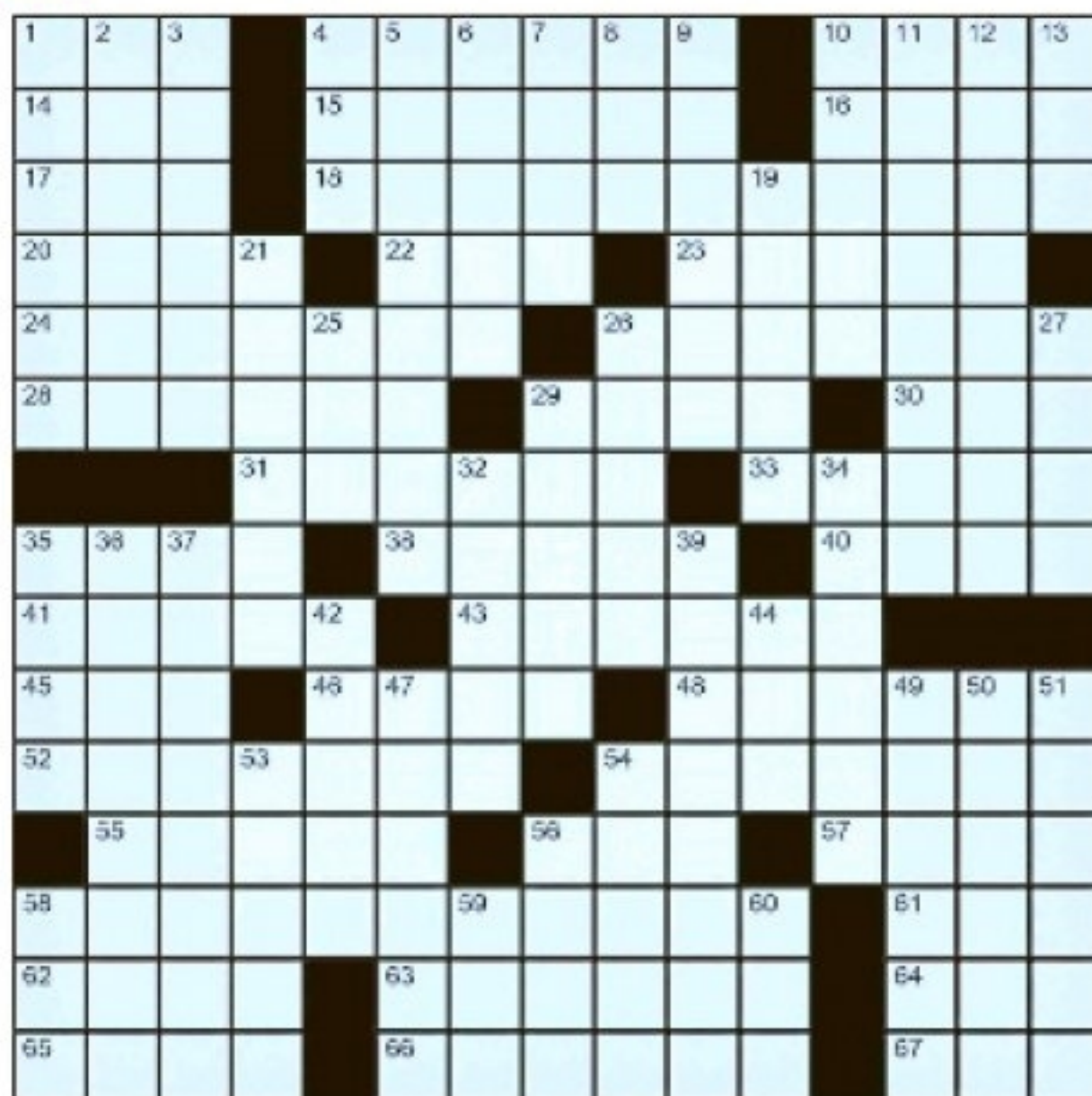
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

- Possibilities
- Hot dog topping
- Latin "year"
- Ms. Imbruglia, to pals
- Means of approach
- Forest favourite
- "Alice" waitress
- "The Natural Place" city of British Columbia: 2 wds.
- "Torn Curtain" (1966) actress Ms. Kedrova
- Singing pair
- Bobby and Brett of hockey
- A simple process might only consist of this: 2 wds.
- Wine made in the same-named archipelago of Portugal
- Entered the edifice: 2 wds.
- New Zealand fruit
- Mr. Arnold
- Right-hand pages
- American resort Lake
- Cola
- Overseas moneys
- Doctrines
- Long circles
- Break-taking person
- Country singer Ms. McEntire, to pals
- Grammy-winning rock band from Guadalajara in Mexico
- Community in southern Ontario north of Waterloo
- Procedure



- Sprays unwanted graffiti on the wall
- Chills
- "How ya doin'?"
- Profits
- County on the Peace River in Alberta: 2 wds.
- The Company org.

- Film/dom's Ms. Fisher
- Body of water for Moses: 2 wds.
- Whichever
- Jeanne d'Arc, et al.
- Some suit fabrics
- de deux

DOWN

- of cash (Money coming in)
- Bambi's beloved
- Swiped
- Knock
- Exhibits in the courtroom
- Abate: 2 wds.
- Go detail

(Elaborate)

- Deryck Whibley's band, 41
- American country music variety show: 2 wds.
- Confuse things
- Prehistoric stone artifacts
- Anchor per-

- son's realm
- Surgery sites, shortly
- Accountant's review
- Montreal-based media company acquired by Bell in 2013
- Bond
- Fermented soybean pastes
- Quebec "souls"
- North or South country
- Revolves
- Canadian war-time hero Billy Bishop, for one
- Business firm abbr.
- Cloudy
- The whole kit and
- Like part of a church's architecture
- Sniff
- Gremlin
- Declare
- Arctic covering: 2 wds.
- Eye part
- Tries
- Closing sections in music
- Edible seaweed
- Team
- Marcia to Jan, for short
- Cleave
- Airline to Stockholm

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is a good day to take care of loose details regarding issues like taxes, debt, bills, insurance matters and anything to do with shared property. Make a list.

Taurus April 21 - May 21
The Moon today is in a sign that is opposite yours, which means you have to go more than halfway when dealing with others. This requires compromise and patience.

Gemini May 22 - June 21
Take care of details that you might have let slide, especially in buying items related to health and hygiene. Get this out of the way before your week gets busy.

Cancer June 22 - July 23
Today your focus will be on children, sporting events and anything to do with the hospitality industry or the entertainment world. Work behind the scenes, but make plans.

Leo July 24 - Aug. 23
Home and family are your focus today. If you can, you will stay home today because you want to cocoon and hide.

Virgo Aug. 24 - Sept. 23
This is a busy, fast-paced day! You might meet someone new or hear something new that intrigues you. Keep in mind that you are high-viz now, especially in the eyes of bosses and parents.

Libra Sept. 24 - Oct. 23
Today your focus is on money, assets and your possessions. You might have an attachment to something and not want to lend it to anyone.

Scorpio Oct. 24 - Nov. 22
Today the Moon is in your sign, which can make you more emotional than usual. However, it also can bring you a little bit of extra good luck!

Sagittarius Nov. 23 - Dec. 21
Work alone or behind the scenes today, because you need some privacy and quiet time. You need to restore and replenish your energy.

Capricorn Dec. 22 - Jan. 20
An encounter with a female friend or acquaintance could be important today. Perhaps you need to discuss serious future plans with this person.

Aquarius Jan. 21 - Feb. 19
For some reason, personal details about your private life might become public, especially in the eyes of bosses and parents. Just be aware of this in case you have to do damage control.

Pisces Feb. 20 - March 20
Do something different today. It's the beginning of the week, and you are hungry for adventure and a chance to learn something new.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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